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WORTH
SHARING.

UN meeting to focus on ISIS

General Assembly will work to reach consensus on how to deal with extremist group **PAGES 6-7**

Silos fall short of fundraising goal

'Audacious' OSGEMEOS mural still a success despite shortfall, says spokeswoman **PAGE 4**

HOW GAGA GOT HER GROOVE BACK

POP STAR SAYS WORKING WITH TONY BENNETT HELPED HER BOUNCE BACK AFTER HIP SURGERY, PARTING WAYS WITH HER MANAGER **PAGE 13**

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Back-to-school may be rocky: Chair

Strike. As teachers scramble to prep for classes, Vancouver school board chair warns it could be a rocky start



MATT KIELTYKA
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Months of angry rhetoric and parents' frustration will be replaced with bustling hallways and full classrooms as children in B.C. return to school Monday.

Life in public education can finally move on after teachers voted 86 per cent in favour of ratifying a new six-year deal last week to bring an end to a strike that began in June and carried into the new school year.

"There's an immense sense of relief that this has all come to an end," said Vancouver School Board chair Patti Bacchus. "Now we're trying to get up and running as quickly as we can. A lot of teachers were in on Friday preparing for classes."

But Bacchus warned the



Chairs are seen on top of desks in a physics lab at Magee Secondary School in Vancouver on Sept. 5. JONATHAN HAYWARD/THE CANADIAN PRESS

first few weeks could be rocky for some students, since the strike abruptly ended the last school year, prevented summer school classes and delayed planning

for the new school year.

Teachers and administrators are now scrambling to make up for lost time.

"I hope people will be patient," she said. "It may take

a couple of weeks (for everything to settle)."

The effects of the labour dispute and additional hires and school resources (negotiated into the new deal with

teachers) mean timetables and classrooms could be in a state of flux until everything is finalized.

Approximately 50,000 students are expected to at-

tend classes in Vancouver this school year.

The district is also opening a new school, Norma Rose Point elementary at University Hill, Monday.

Child care costs

The cheques are coming, parents!

With the teachers strike now over, the province is preparing to mail out the promised daycare payments at the end of October.

The \$40-a-day temporary education support payments will be paid from Sept. 2 to 18, meaning a total of \$520 per eligible child (public school students age 12 or under).

More than 205,000 families have registered for the payments so far, representing 90 per cent of eligible students.

Parents have until January 2015 to register. STEFANIA SECCIA/FOR METRO

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1

TROUT RELEASE

B.C.'s Lieutenant-Governor Judith Guichon, and Mark Angelo, the founder of World Rivers Day, will release trout today into Burnaby's restored Guichon Creek at BCIT's campus.

2

DATA ON CRIME IN CANADA

This morning, the Fraser Institute will be releasing the results of its new study examining policing resources, costs and crime rates in Canada. The report will also look at police staffing levels in Canadian cities.

3

NEIGHBORS OUT ON DVD TUESDAY

The DVD/Bluray release of *Neighbors*, starring Seth Rogen and Zac Efron, is out Tuesday. If you missed it in theatres, be sure to pick it up tomorrow.

4

CIVIL-RIGHTS ISSUE

Civil-rights activists say Citizenship and Immigration Canada isn't doing enough to prevent potential abuse of its plan to revoke passports of those suspected of joining terror groups.

5

TORIES UNDER FIRE

The Conservative government has moved to limit debate in the Senate, just as the upper chamber prepares to revisit a financial-disclosure bill, aimed at unions, that critics have called unconstitutional.

Casino preparations underway at BC Place

Given the green light. Permit issued by the city Sept. 17 for site excavation

BOB MACKIN
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Vancouver city hall has quietly dealt Paragon Gaming a permit to undertake preliminary work for the controversial casino beside BC Place Stadium.

A permit was issued Sept. 17 to Paragon vice-president of planning John Cahill for site preparation, including excavation, shoring and remediation.

"(It is) to enable us to undertake some excavation work in a time frame that won't compromise some major events planned for BC Place in the new year," Hicks said.

"It's too early for us to comment any further as we have not yet received our building permit."

BC Place's biggest 2015 event is the FIFA Women's

World Cup final on July 5.

Paragon and its backer Dundee Corp. want to build the \$535-million casino/hotel complex by 2016. On Dec. 16, 2013, the city's Development Permit Board conditionally approved the project.

Mayor Gregor Robertson said: "Before a relocated casino can begin construction, the proponents have to come back with a plan that addresses the health concerns raised by (Provincial Medical Health Officer) Dr. Perry Kendall. If they don't, it cannot proceed."

City hall communications manager Tobin Postma said the permit allows Paragon to alter a portion of the BC Place concourse (near Gates G and F) and to construct temporary access to the stadium prior to excavation.

An irrevocable letter of credit was provided to cover the cost of backfilling the excavation if the development permit is not issued, Postma said.

"There needs to be transparency before the public, before anything is done on



Spray-painted lines on the west plaza outside BC Place Stadium show the start of preliminary work on the controversial \$535-million casino/hotel complex. Paragon Gaming was issued a site preparation permit on Sept. 17 that includes alterations to Gates G and F, where an external video board is earmarked for dismantling.

BOB MACKIN/FOR METRO

this," said Sandy Garossino of the Vancouver Not Vegas coalition. "Issuing site preparation presupposes that the

final development permit is going to go forward."

City council voted in April 2011 to allow Paragon

to move its existing Edgewater Casino licence after rejecting a bid for expansion.

1 NEWS

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'Audacious' art a success for city

OSGEMEOS. Despite crowdfunding shortfall, Biennale spokeswoman says the concrete-silo mural 'has brought an energy' to Vancouver



EMILY JACKSON
emily.jackson@metronews.ca

The Vancouver Biennale was set to fall short of its crowdfunding goal for the massive mural painted on six concrete silos on Granville Island, but that doesn't mean the public art isn't a giant success for the city.

The non-profit arts organization launched a six-week Indiegogo crowdfunding campaign to attempt to cover the \$125,000 cost of the project, completed with 1,400 cans of spray paint by the world-famous Brazilian twin artists known as OSGEMEOS.

As of press time, the project raised just shy of \$70,000. The campaign was scheduled to end at 11:59 p.m. Sunday.

While Biennale spokeswoman Miriam Blume hopes that local philanthropists will come forward to fund the rest of the artwork, she is thrilled and proud that hundreds of people participated in the campaign, with donations ranging from \$2 to \$15,000.

"A 23,500-square-foot mural in the middle of a concrete manufacturing site is



The OSGEMEOS mural on the Ocean Concrete silos on Granville Island was completed as part of the Vancouver Biennale. JENNIFER GAUTHIER/METRO

Quoted

"A 23,500-square-foot mural in the middle of a concrete manufacturing site is an audacious idea."

Vancouver Biennale spokeswoman Miriam Blume

an audacious idea," Blume said. "We just see with the lineups of people there every single day, on their bikes, with their dogs and kids ... this has brought an energy to the city and a real destina-

tion to the city."

It's the first time the Biennale experimented with crowdfunding to pay for public art.

Indiegogo allows organizations to keep all funds

raised even if the total goal isn't met, and Blume isn't worried that the organization won't be able to make up the rest of the cost using more traditional efforts.

"We get people aren't used to donating to public art, they think it just magically appears," she said.

The Biennale's next big project is by famous Chinese artist Ai Weiwei. It will be revealed in Vancouver in October.

UBMC. Annual conference to put the focus on ferries

A plea to restore B.C. Ferries service and fares to 2013 levels will be the main topic of discussion at the annual Union of B.C. Municipalities conference, a weeklong meeting of local governments from across the province beginning in Whistler on Monday.

A report on the impact of ferry service reductions and higher prices — estimated at \$2.3 billion in foregone economic activity over 10 years — is the only policy paper being introduced at the conference this year.

"That is hugely important to us," said UBCM president Rhona Martin, an electoral area director on the Columbia Shuswap Regional District.

The topic hits close to home for Coastal and Interior communities, as the fares have discouraged people

from riding ferries, hurting tourism across the province, Martin said.

The report calls on the province to fund the ferry system as an extension of the highway system and to take back its November 2013 decision to boost fares and chop services, which came into effect in April.

Other topics of discussion range from party buses to LNG. If a resolution is passed at the UBCM, its committees look at ways to address the problem collectively.

"There's a tremendous opportunity when we're all gathered here, sharing knowledge and best practices," Martin said. It's also a chance for local governments to meet with provincial ministers.

Premier Christy Clark will address the conference on Friday. EMILY JACKSON/METRO

Mayoral election

Cedar Party throws its support to Bob Kasting

The Cedar Party will no longer run a mayoral candidate in the November election and will instead support independent mayoral candidate Bob Kasting.

"We're fighting the same fight," former Cedar mayoral candidate Glen Chernen said Sunday. "It doesn't make sense for us to be opposed to one another."

Chernen will run for a spot as councillor. He hopes more people or groups join his party and Kasting in a loose alliance against developer influence.

EMILY JACKSON/METRO

Serena Vermeersch

Police make arrest in murder of Surrey teenager

Police have arrested and charged a man in connection with last week's murder of Surrey teen Serena Vermeersch.

In a statement Sunday afternoon, investigators said the man was arrested and is in custody. They are not releasing his identity due to a publication ban.

Further details will be revealed at a press conference Monday morning.

Vermeersch's body was found Sept. 16 in the 14600 block of 66th Avenue in Surrey.

JEFF HODSON/METRO

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Aboriginal tour operator rebuked for opening ancient burial boxes

Stripped of watchman duties. Photographer says guide authorized pics to satisfy curiosity and keep people away

The actions of an aboriginal tourism operator in B.C. who gave travellers access to ancient burial boxes have been condemned by his fellow First Nations.

A photo surfaced earlier this year of Tom Sewid of Aboriginal Adventures Canada peering into a burial box with skeletal remains in clear view.

The incident occurred last summer on a remote island of the Broughton Archipelago between northern Vancouver Island and the B.C. coast. It set off investigations by the RCMP and the provincial Ministry of Forests, Lands and Natural Resources, but no charges or sanctions are expected.

Sewid's actions prompted a sharp rebuke from his own First Nation, the Nanwakolas, and he has been relieved of his duties as a watchman.

But Sewid said his actions were part of his duties overseeing his ancestors' remains.

"I was a native watchman, guardian who had to protect those sites," he said in an interview. "We make sure none of the kayak or tour companies were bringing clients in to view our ancestors' bones."

When asked why he allowed the picture to be taken, Sewid said the photo was meant "for one reason and one reason only: It was to be used at the year-end report."

Nanwakolas Council president Dallas Smith said councillors were extremely saddened.

"We have made it clear to the individual depicted in the photos that we condemn his involvement in this horrific incident," Smith said.

Sewid said he explicitly told photographer Katya Palladina not to publish the pictures and three months later saw the pictures on the Internet.

"I contacted her and said 'Get that god-damned picture off your blog now.'"

Palladina was accompanied by Andrew Elizaga, who shot video during the encounter. The pair say Sewid told them they could freely shoot pictures and video at the burial site.

"Tom assured us, 'Yes. If it will be used to educate people that you shouldn't go there,'" Palladina said.

Elizaga provided a copy of a video to back up their account. The video shows Sewid speaking to the videographer.

"And what I am going to share with the people now with your blog, is what is inside that box. And it is just so that we can stop the curiosity," Sewid said. "I only do this because I want people to stay out of here." **THE CANADIAN PRESS**



Aboriginal tourism operator Tom Sewid stands near a burial box on a remote island in B.C.'s Broughton Archipelago. **THE CANADIAN PRESS/COURTESY KATYA PALLADINA**

Rasode makes it a three-way race for Surrey mayor



Independent Surrey Coun. Barinder Rasode **CONTRIBUTED**

After a summer of campaigning Hilary Clinton-style as an undeclared candidate, Surrey Coun. Barinder Rasode officially waded into a three-way battle for mayor Saturday.

The former Surrey First councillor, now an independent, threw her hat in the ring during an event at SFU Surrey.

Rasode will challenge Surrey First candidate Linda Hepner and former mayor Doug McCallum for the vacant seat, now that outgoing mayor Dianne Watts announced she intends to run federally.

Like her competitors, Rasode pledged to make public safety her greatest priority.

"If people aren't safe, nothing else matters," Rasode said in a statement.

Rasode, who has yet to release her full platform, is promising to halve police response times, double the number of officers on the road and hire 200 community safety personnel, including bylaw and crime-prevention officers.

McCallum and his newly formed Safe Surrey team have

made similar promises.

Hepner, Watt's designated heir at Surrey First, said earlier this month that annual spending per capita on policing and public safety has increased to \$260 from \$92 when McCallum was mayor. She has pledged to carry on the party's public-safety plan.

Rasode has been holding a campaign-like "listening tour" this summer since defecting from Surrey First. She told Metro at the time she wanted to hear community concerns and gain public sup-

port before deciding whether to run.

Her former party, Surrey First, responded to her announcement Saturday by immediately firing a shot at her candidacy.

"After essentially running a campaign office for several months ... it's great to finally have transparency, and I welcome her to the race," wrote Hepner. "As we've seen, Barinder is accustomed to leaving teams in order to further her personal ambitions."

MATT KIELTYKA/METRO



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Sierra Leone reaches end of nationwide lockdown

Frustrated residents complained of food shortages in some neighbourhoods of Sierra Leone's capital on Sunday as the country reached the third and final day of a sweeping, unprecedented lockdown designed to combat the deadly Ebola disease, volunteers said.

While most residents welcomed teams of health care workers and volunteers bearing information about the disease, rumours persisted in pockets of the city that poisoned soap was

being distributed, suggesting that public education campaigns had not been successful. The streets Freetown were mostly deserted, in compliance with a government order for the country's six million residents to stay in their homes.

There were rumours in Freetown that officials would opt to extend the lockdown, but government spokesman Abdulai Bayraytay said Sunday that no official decision had been reached. **THE ASSOCIATED PRESS**

Ebola threat

Spread by contact with bodily fluids, Ebola has killed more than 560 people in Sierra Leone and more than 2,600 across West Africa in the biggest outbreak ever recorded, according to the World Health Organization.

- The disease, which has also touched Guinea,

Liberia, Nigeria and Senegal, is believed to have sickened more than 5,500 people.

- Sierra Leone's government was hoping the lockdown — the most aggressive containment effort yet attempted — would turn the tide against the disease.

Kenya marks one year since Westgate Mall attack

Gloria, 4, centre, whose father Christopher Chewa was killed in the Westgate Mall attack, wipes the tears from the eyes of her mother Faith Njoki as they hug, on Sunday. Her baby brother Edwin, 1, left, is held by a relative, after joining other families of the victims to lay flowers and remember at the Amani Garden memorial site in the Karura Forest in Nairobi. Kenya is marking one year since four gunmen stormed the upscale Westgate Mall in Nairobi, killing 67 people. A memorial plaque with the names of the victims was unveiled at the popular forest on the edge of the city. Families laid flowers for their lost loved ones, sharing memories and tears.

BEN CURTIS/THE ASSOCIATED PRESS



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UN meeting increasing

'Horrendous violence.' Secretary-General Ban Ki-moon says he hopes the General Assembly will lead to consensus in fight against ISIS

A brutal terrorist organization that calls itself a state but lacks recognition from any government will take centre stage when more than 140 heads of state and government convene for the annual ministerial meeting of the UN General Assembly this week.

The head of the so-called Islamic State of Iraq and al-Sham (ISIS), a man called Abu Bakr al-Baghdadi, has not been invited. But the danger posed by the extremists will be the overriding theme.

"Together, we will address the horrendous violence in Syria and Iraq, where conflict and governance failures have provided a breeding ground for extremist groups," UN Secretary-General Ban Ki-moon told a news confer-

ence. With world leaders grappling to stitch together a coalition and plan of action, Ban said he hopes the General Assembly session will help produce an international consensus to act against the extremist group.

ISIS was established in Iraq but spread in early 2013 to Syria, where it grew in the chaos of that country's civil war. Its fighters rampaged across northern and western Iraq in June, seizing a huge swath of land and sending tremors across the Middle East.

The group controls territory stretching from northern Syria to Baghdad. Its members have established what they call an Islamic state ruled by their harsh interpretation of Islamic law. They have made no effort to hide their brutality, publicizing videos that show them killing captives, including beheading two American journalists and a British aid worker.

Samantha Power, U.S. ambassador to the UN, said that more than 40 countries have spoken in support of the campaign against the ISIS. **THE ASSOCIATED PRESS**



California drought

Central Valley wells running dry

Hundreds of domestic wells in California's drought-parched Central Valley farming region have run dry, leaving many residents to rely on donated bottles of drinking water to get by.

Girl Scouts have set up collection points while local charities are searching for money to install tanks next

to homes. Officials truck in water for families in greatest need and put a large tank in front of the local firehouse for residents to fill up with water for bathing and flushing toilets. About 290 families in East Porterville — a poor, largely Hispanic town — have said their shallow wells are depleted.

Officials say the rest of Tulare County has many more empty wells, but nobody has a precise count.

THE ASSOCIATED PRESS

Security increased

Man who scaled White House fence identified

The man accused of getting inside the White House after scaling a fence is a veteran who was awarded a medal for his service in Iraq and retired due to disability, the U.S. Army said Sunday.

Authorities have identified the man as Omar J. Gonzalez,

42. The army said he had served from 1997 to 2003, when he was discharged, and again from 2005 to December 2012, when he retired. He was expected to appear in federal court Monday to face charges of unlawfully entering a restricted building or grounds while carrying a deadly or dangerous weapon — a knife, in this case.

The Secret Service tightened security outside the White House after the breach. THE ASSOCIATED PRESS

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to address ISIS threat

Draft resolution

Obama focuses on foreign fighters

On the sidelines, U.S. President Barack Obama will lead a summit meeting of the Security Council to focus on one aspect of the threat — foreign terrorist fighters.

A draft resolution expected to be adopted by the 15-member council would require all countries to prevent the recruitment and transport of would-be foreign fighters preparing to join terrorist groups such as ISIS. It would also require the 193 UN member states to ensure that their domestic laws and regulations punish their nationals who travel — or attempt to travel — to another country to plan or carry out terrorist acts, and it threatens sanctions against recruiters and financiers for al-Qaida associated groups.

But the complexities and



This image captured from a video posted on a militant website, which has been authenticated, purports to show the leader of ISIS, Abu Bakr al-Baghdadi, delivering a sermon in Iraq. THE ASSOCIATED PRESS

conflicting loyalties inherent in the Middle East present major obstacles to achieving the international coalition Obama is trying to assemble to contain and ultimately eradicate the extremist group.

THE ASSOCIATED PRESS

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Massive march ahead of summit

People's Climate March. Activists gather in NYC to draw attention to global warming

Tens of thousands of activists walked through Manhattan on Sunday, warning that climate change is destroying the Earth — in stride with demonstrators around the world who urged policy-makers to take quick action.

Starting along Central Park West, most came on foot, others with bicycles and walkers, and some even in wheelchairs. Many wore costumes and marched to drumbeats.

But their message was not entertaining:

"We're going to lose our planet in the next generation if things continue this way," said Bert Garskof, 81, as a family member pushed his wheelchair through Times Square.

He had first heard about global warming in 1967, "when no one was paying much attention," said Garskof, a native

New Yorker and professor of psychology at Connecticut's Quinnipiac University.

Organizers said more than 100,000 marched in New York, including actors Mark Ruffalo and Evangeline Lilly. They were joined in midtown Manhattan by United Nations Secretary-General Ban Ki-moon, former vice-president Al Gore and New York City Mayor Bill de Blasio.

On Tuesday, more than 120 world leaders will convene for the United Nations Climate Summit aimed at galvanizing political will for a new global climate treaty by the end of 2015.

"My sense is the energy you see on the streets, the numbers that have amassed here and in other cities around the world, show that something bigger is going on, and this UN summit will be one of the ones where we look back and say it was a difference maker," de Blasio said.

The New York march was one of a series of events held around the world to raise awareness about climate change. **THE ASSOCIATED PRESS**



Demonstrators make their way down Sixth Avenue in New York during the People's Climate March on Sunday. Scan the photo with your Metro News app to see a gallery of images from the rally. JASON DECROW/THE ASSOCIATED PRESS

Reports

Pollution rising

Scientists estimate that the world spewed far more carbon pollution into the air last year than ever before.

That was mostly because

of increases from the three biggest polluters: China, the U.S. and India. The reports released Sunday by the International Global Carbon Project team come as world leaders meet at the UN to discuss reducing heat-trapping gases. **THE ASSOCIATED PRESS**

Reporting on the march

'A profound experience'

MILA PETKOVIC
mila.petkovic@metronews.ca

Beary-eyed, perspiring slightly and tummy rumbling, I came to as we pulled into the Big Apple at 6 a.m. after a 10-hour-plus bus ride from Toronto.

I stumbled down the steps and into the sunlight in front of Sts. Luke & Matthew church in Brooklyn. This would be our home for the next couple of days.

I was there to cover the People's Climate March as part of a media team making a documentary about the events surrounding the UN Climate Summit, to take place Sept. 23.

My in: Toronto350.org (one of the organizers of the rally committed to curbing climate change). My

company: five busloads of concerned citizens totalling 280 individuals who would ultimately contribute to a march of more than 300,000 people (according to organizers) on the Sunday prior to the summit.

During the march, I interviewed people from all walks of life who came from far and wide to have their voices heard — a mom and her children from Philadelphia; two men from the Dominican Republic; indigenous women from Canada; NYPD cops; and a 93-year-old Second World War veteran from New York.

This was without a doubt the largest climate change march in U.S. history and the sheer volume of people overwhelmed me with emotion.

The kinship demonstrated amongst 300,000 everyday people and complete strangers created a profound experience that both transcended and powerfully addressed the issues we face.

'No to war,' thousands chant at Moscow protest

Thousands of people marched through central Moscow on Sunday to demonstrate against the fighting in Ukraine and Russia's alleged complicity in the conflict.

The demonstrators chanted slogans, including "No to war" and "The junta is in the Kremlin, not Kyiv." The latter refers to Russia's contention that the ousting of Ukraine's former Russia-friendly president was a coup.

The fighting between Ukrainian forces and pro-Russia separatists in eastern Ukraine that erupted after the ouster has killed more than 3,000 people.

Ukraine and Western countries claim Russia is supplying troops and equipment to the rebels, which Moscow denies.

"Our country is acting as an aggressor, like Germany in the war," said demonstrator Konstantin Alexeyev, 35.

The Ukraine conflict has boosted nationalist sentiment among Russians, with many regarding eastern Ukraine as rightfully a part of Russia. And coverage of the crisis on state-controlled television channels has skewed



A woman wearing a traditional Ukrainian flower headband poses for a photo in front of police officers during an anti-war rally in downtown Moscow, Sunday. DENIS TYRIN/THE ASSOCIATED PRESS

strongly against the Ukrainian authorities.

"I am concerned about the rhetoric on our TV channels, which disseminate anti-Ukrainian sentiment," said 50-year-old demonstrator Ludmila Shteigervalt. "Ukraine is a friendly country. We should just leave it alone."

A ceasefire was called on Sept. 5, but has been violated repeatedly. Negotiators from Ukraine, Russia, the rebels and the Organization for Security and Co-operation in Europe last week tried to further the peace process with an agreement calling for both sides to halt their ad-

vances and for pulling back heavy artillery in order to create a buffer zone.

Col. Andriy Lysenko, a spokesman for Ukraine's national security council, said the ceasefire violations are obstructing fulfilment of the buffer zone plan.

"The first point (the ceasefire) is not being fulfilled so far, so we're not talking about the other points," he said.

Along with pulling back the heavy weapons, the plan also calls for the withdrawal of foreign fighters and for all military flights over the combat area to be banned.

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Saving family, fighting ISIS

A 19-year-old Kurdish man, who has been fighting the Islamic State of Iraq and al-Sham (ISIS) in Syria, escorted his family to safety in Turkey on Sunday. Syrian refugees, seen above, travelled in to Turkey Sept. 21 after the country opened its borders to 60,000 people that had amassed along the Turkish-Syrian border. **BURHAN OZBILIC/THE ASSOCIATED PRESS**

13 dead. Iraq forces break ISIS siege

Bombs and mortar fire killed 13 people in Shiite areas in and around Baghdad on Sunday, as Iraqi security forces said they succeeded in breaking a siege on soldiers who had been surrounded by militants from the Islamic State of Iraq and al-Sham (ISIS) west of Baghdad.

Police officials said three mortar shells landed on a residential area in Sabaa al-Bour, a town just north of Baghdad, killing six.

A bomb blast later that day claimed four lives and wounded 11, while another bomb was detonated that night, killing three and wounding seven.

Army spokesman Lt. Gen. Qassim al-Moussawi said Sunday that Iraqi security forces overnight were able to break a siege on about 400 soldiers who were surrounded by ISIS militants three days ago in an area in Sunni-dominated Anbar province. He did not elaborate.

The soldiers had been trapped in the Sijir area near the city of Fallujah, 65 kilometres west of Baghdad.

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Nuclear talks

Kerry meets Iran's foreign minister

U.S. Secretary of State John Kerry is meeting with Iranian Foreign Minister Mohammad Javad Zarif for talks expected to focus on the prospects of reaching an agreement on reducing Tehran's atomic activities in exchange for an end to nuclear-related sanctions. Their meeting Sunday

comes on the third day of the latest round of nuclear talks between Iran and six world powers — the United States, Russia, China, Britain, France and Germany.

The talks have been stalled for months over Iran's opposition to sharply reducing the size and output of centrifuges that can enrich uranium both to levels needed for reactor fuel or the core of nuclear warheads. **THE ASSOCIATED PRESS**

Italy

55 migrants pulled from capsized dinghy

The Italian coast guard says a cargo ship has rescued at least 55 migrants from Libyan waters after their rubber dinghy capsized. They say several bodies were spotted in the sea and up to 30 people might be missing.

Coast guard officials said after the dinghy used

a satellite phone to request help Sunday afternoon, a Singapore-flagged merchant ship rushed to the scene but the migrants' boat capsized just before its arrival. Coast guard officials said the dinghy's capacity was about 100 passengers.

Thousands fleeing war or poverty have been arriving weekly in smugglers' boats on Italian shores or needing rescue at sea.

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Czech zoo burns rhino horns

About 50 kilograms of rhino horns are set on fire at a zoo in Dvur Kralove in the Czech Republic, Sunday to draw attention to the plight of the endangered animals that are being driven to extinction due to the demand for rhino horns. **PETR DAVID JOSEK/THE ASSOCIATED PRESS**

Case of man who died in ER goes to appeal court

Winnipeg. Health authority, province argue the Charter of Rights doesn't allow relatives to pursue a claim on behalf of a deceased person

The family of a man who died during a 34-hour wait in a hospital emergency room is asking Manitoba's highest court to rule his charter rights were violated.

Lower court judges have previously struck down the heart of the lawsuit by ruling that Brian Sinclair's charter rights died with him. But lawyers for the family argue it's "cruelly ironic" that a man who died because he didn't receive the care due to him under the Charter of Rights and Freedoms isn't allowed to sue because he is dead.

Sinclair was referred to the emergency department in September 2008 because he had a blocked catheter. The inquest heard the 45-year-old double amputee wheeled himself over to the triage

Damages

The Winnipeg health authority has paid out \$110,000 in damages to the Sinclair family.

- Sinclair's family initially sued the Winnipeg Regional Health Authority, individual employees who were on duty the weekend Sinclair died, and the government of Manitoba. The family has since dropped its action against the province.

desk and spoke to an aide before guiding his wheelchair into the waiting room. There, he languished for hours, growing weaker and vomiting several times. But he was never asked by medical staff if he was OK or if he was waiting to be seen by a doctor.

The province's medical examiner found Sinclair died of a treatable bladder infection caused by the blocked catheter.

The appeal is scheduled to be heard Monday.

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Will Nordstrom strike gold in Canada?



HOW TO ROLL
Alison Griffiths
metronews.ca

Nordstrom has arrived in the frozen north, its Chinook Centre location having opened in Calgary last Friday. Hurray! But here's a big question for investors: Will Nordstrom do a giant face-plant as Target

did when it brought the big red ball to Canada? Shortly after arriving in these climes last year, Target's share price climbed rapidly from \$58 US to \$73 US, and then almost as quickly slid to \$55. The stock has pulled itself back to nearly \$64, though its relationship with Canadians is still on rocky ground. In contrast, Nordstrom has been one of the more suc-

cessful retail stocks in the last two years, during a period of incredible volatility in this already highly volatile consumer discretionary sector. Since Target's Canadian launch, Nordstrom has marched upward from \$51.50 to nearly \$70. Analysts are predicting that the company, which offers you a place to drink Chardonnay with your Jimmy Choo shoes,

will make it to \$74. Target's Canadian swoon is attributed to a supply chain screwup, over-aggressive expansion and a total misread of the Canadian consumer. In contrast, Nordstrom's success to date has been credited to strong and cautious management south of the border, which bodes well for the rollout of a mere handful of stores here (Ottawa and Van-

couver are planned for 2015). That's all true, but there's more. Target in the U.S., especially for cross-border shopping Canadians, was a destination. Shoppers loved the bright, friendly atmosphere and cheap clothes that were a tad sexier than the fare offered by the likes of Walmart. Now brutal competition from other discounters plus

the explosion in e-shopping has weakened Target's uniqueness. Nordstrom, on the other hand, still has destination written all over it. Shoppers are drawn to the experience. It's nice to be fawned over while you empty your wallet. I might still buy those \$10 T-shirts at Target, but when it comes to stock, I'd incline to Nordstrom.

G20. Follow our lead, Canada's finance minister urges weaker economies

Different economic situations require different approaches to meeting the G20's economic targets, Canada's finance minister said Sunday as he urged Europeans to follow Canada's recession-busting model. Though finance chiefs from the 20 largest economies said they will focus on infrastructure investment to help reach the goal of boosting world GDP by more than \$2 trillion over the next five years, that's not necessarily the direction Canada is head-



Joe Oliver
THE CANADIAN PRESS

ed, Joe Oliver said. "The type of action that we can take is different than the type of action that some, but not all, European countries have to take," Oliver told reporters in a conference call from Sydney, where he was leaving the G20 finance ministers' latest talks.

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SEXISM, SENSITIVITY & THE WHITECAPS AD

Yo, Grasshopper!

Today I'm here to testify that the road toward enlightenment is tricky and twisted.

Even if you think you're on the correct path, you can easily end up in the ditch and have no idea how you got there, covered in frogs and bulrushes.

That's what happened this week to the Vancouver Whitecaps, Vancouver's pro soccer team. A new promotional video featuring three cheering blond persons was hastily removed after it was condemned as sexist by a number of prominent feminists.

Then there arose a counter-clatter from people who condemned the feminists for overreacting, and the counter-outraged included the three blond persons who were in the video.

If you've seen the video, you'd be tempted to wonder what all the fuss is about.

Yes, the three blond persons are women, and yes, they all



URBAN COMPASS
Paul Sullivan

vancouver@metronews.ca

have blond hair, and yes, one of them is wearing a tank top.

But clearly, these were real fans at a real game, having a real good time.

In fact, the woman in the tank top is a season ticket-holder and thinks it's great that the Whitecaps are finally recognizing female fans, not just men and kids.

And that's what the Whitecaps insist they were doing: recognizing, not exploiting, and are now falling all over themselves to apologize to anyone who took offence.

Meanwhile, many condemn the Whitecaps for caving so readily to the forces of political

correctness.

Why do I feel I'm walking on thin ice here? Because, if I'm being honest, my ilk and I have spent our lives being recognized, not exploited. We really have no standing in this debate ... other than to get out of the way and go make ourselves use-

ful. Do some housework. (We still suck at housework).

Many women are totally fed up with their bodies being used to sell everything from beer to Skittles (whatever they are). Maybe they're overreacting on this one, but after decades of being used as sex objects, you can understand why women are so sensitive.

In a more innocent world perhaps, there would be no offence.

But there's nothing innocent about the world we live in, is there?

You could argue that the cure is worse than the crime, that by removing sex from the marketplace, we'll end up in some uptight place where women are buried under layers of disapproval.

You could argue that it's already happening all over the world.

Seriously, though, we know. We know how to recognize without exploiting. We know how to spell R-E-S-P-E-C-T.

Now we just have to do it. Hop to it, Grasshopper.

Super troopers



Revellers dressed as stormtroopers of the Galactic Empire pause during a Star Wars parade in Madrid, Spain, over the weekend. ANDRES KUDACKI/THE ASSOCIATED PRESS

Thousands take part in Spanish Star Wars parade for charity

Thousands of revellers took part in a Star Wars parade for charity, over the weekend in Madrid.

Darth Vader, his guards and troops landed in Retiro Park to meet with all of the forces of

the empire.

Attendees were able to take photos with their favourite troops and engage in a friendly fight after the parade.

The event was part of a charity event for FEAPS Madrid, an organization that aims to promote the social inclusion of people with intellectual disabilities.

METRO

Who were the stormtroopers?

Stormtroopers are the elite soldiers of the Galactic Empire.

- These faceless enforcers of the New Order were considered an extension of the Emperor's will, and often used brutal tactics as a way to keep thousands of

star systems throughout the galaxy in line.

- With few exceptions, they are distinguished from all other military units by their signature white armour.

STARWARS.WIKIA.COM

MetroTube

How rude!



ANDREW FIFIELD
andrew.fifield@metronews.ca

Supremely gifted athletes such as Maria Sharapova earn praise for their otherworldly focus in the sort of high-pressure situations that would crush lesser mortals like us. But perhaps it's time we give a little of that same love to musicians. Flutist Yuki Ota has certainly earned it, after advancing to the second round of an international competition despite this rude interruption from the loveliest of insects — lovely and rude. (Odensesymfoni/YouTube)



THE CANADIAN PRESS FILE

Twitter

@metropicks asked: A Canadian-led study into the "Jesus in Toast" phenomenon — why people see famous faces in objects — won a science prize for funny research. Which weird phenomenon would you like examined?

@Laurenkparsons: when you can't think of something and you walk through a doorway to remember.

@trifur: kinda looks like Bob Marley to me.

Join the conversation @metropicks

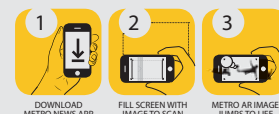


SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 8 in News, page 13 in Scene and page 22 in Sports.

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Lady Gaga talks recovery from the 'pain of fame,' split with manager

Flying free. Working on album with Tony Bennett helped singer get her groove back

After hip surgery and parting ways with her longtime manager, Lady Gaga says things are looking up.

"I'm very centred now. I meditate a lot. I'm happy. I am more sober than I've ever been," said the singer. "It's a very happy time in my life."

Last year, Gaga parted ways with longtime manager Troy Carter, who helped the pop star achieve multi-platinum status, dominate the pop charts and win multiple Grammy Awards. She said she was overworked and that greed led to their split.

"Part of what was making my sort of artistic experience so unpleasant was that I felt that I was not able to truly freely fly as an artist," she said. "In some ways my talents were not being used to their full potential."

Gaga says part of her happier state of mind comes from working with Tony Bennett on the album *Cheek to Cheek*, out on Tuesday.

The 28-year-old is currently on an international tour that wraps Nov. 24 in Paris. Calling from Istanbul, she spoke about being unhappy, letting go of her manager and her under-selling ARTPOP album.

Did your disagreements with management affect the making of ARTPOP?

It certainly affected my mind during ARTPOP. I would have to say that whole situation had less to do with creativity differ-



Scan this photo with your Metro app to see a video of Lady Gaga and Tony Bennett singing *I Can't Give You Anything But Love*.
KARIM SAHIB/AFP/GETTY IMAGES

ences and more to do with me really needing some time for myself to be creative.

My schedule was way too difficult. I was not able to keep up and my whole business became very focused on making as much money as possible as quickly as possible, which is really not where my heart is.

My integrity as a musician is so much more important to me than money ... While I was making ARTPOP, I was very tired. I'm actually very proud of ARTPOP. As much as it's had a lot of criticism, I think a lot of that had to do with where I am in my career. I've been on top for a long time. I think it's the

nature of this industry; we love to build them up to tear them down.

You sound like you're in a good place. Is that spilling over to the new music you're creating?

It is in the very super-early stages. I'm always writing music. I was up all the other night here in Istanbul writing and they had a lovely piano in my room and I was so excited, especially when I got to play a real stringed piano, not an electronic one; that always makes me happy. I've been writing some (songs) that I'm really sort of surprised at myself.

I have a lot of pain built over the past few years. It was very difficult being on the road for the *Born This Way Ball* without having a full, proper team around me. I was going through a lot of pain with my body that led to the hip surgery. I call it the pain of fame: Your life changes a lot and the people that are around you, they change too.

Money makes people crazy and they see your life change and all of the luxuries and the things that come with becoming a star and they think, "I've known her my whole life ... or I've been here this whole time. I deserve all of that, too."

U2 released its new album alongside Apple, and Jay Z and Beyoncé also released recent albums in unconventional ways. What do you think about that and do you think of innovative ways to release music when readying a project?

I think honestly what we need to be doing, and this is my opinion, is instead of trying to

find ways to trick the world into focusing on the album for a brief moment, I think that artists need to speak more about how media treats the artists and making the distinction between the celebrity and the artist, because everything is all in one pool now isn't it? We're all the same and there are some pretty terrible celebrities out there, let's be honest, right? People famous for no reason.

So, I think the more the media can help us to support the artist and support music in a way that's maybe less critical for journalists that are not as knowledgeable about music and help to just spread the music and see the music as gift to the world.

I really believe that once the press becomes more kind, I think a lot of the things in the universe are going to change.

It makes me scared when I hear that there's pro-ISIS (Islamic State of Iraq and al-Sham) rallies in America because I think that social media has created this sort of negative undertone in the universe. People feel that they can say or do anything; it makes them feel a sort of comfort when really it's just giving hatred a petri dish to fester.

I know that was sort of a random answer for a question about album marketing. I really believe it lies in the hearts in the people that are writing about the music. The more we honour and support the artist, the more the art will live on forever. Otherwise, it's going to continue to be what I think pop music is now, which is sort of this giant tabloid. It's become quite trashy, in my opinion. **THE ASSOCIATED PRESS**

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All killed off: From left, Downton Abbey's Matthew Crawley (Dan Stevens), Girls' David Pressler-Goings (John Cameron Mitchell), Game of Thrones' Ned Stark (Sean Bean) and The Good Wife's Will Gardner (Josh Charles). CONTRIBUTED

Big-time deaths rock the small screen

Character carnage. TV series have become more brazen about killing off key roles

John Cameron Mitchell remembers exactly where he was when he found out he was dying.

Or, more specifically, when the character he portrayed on Girls — the tart-tongued ebook

editor David Pressler-Goings — would meet his untimely end.

"It was a table read and I hadn't read that episode and it sort of suddenly came out — and I felt like I'd been punched in the gut," he said in a recent interview. "It was just like, my actor side. I looked over at (writer-star) Lena (Dunham) and she goes, 'I'm so sorry. I forgot to tell you.'"

Spoilers, obviously, follow, but since Game of Thrones blew viewers' minds by lopping off its lead character's head in an infamous Season 1 episode, television series have become increasingly brazen about killing off beloved characters.

When The Good Wife returned Sunday, it was without Josh Charles' cutthroat attorney Will Gardner, whose death in a courtroom shooting in Season 5 could scarcely have been more jarring to devoted fans.

Quoted

"Every day, you expect a script revision where somebody gets hit by a trolley or somebody gets syphilis and dies."

Eric Johnson, Edmonton actor, on fears of being killed off on his medical show, The Knick

Other shows to suddenly kill off central characters in recent years include House of Cards, Arrow, Breaking Bad, Downton Abbey and Scandal.

Even The Simpsons has tried to buoy sagging ratings by vowing to kill off yet another character in its upcoming 26th season, meaning shocking deaths have graduated from plot device to marketing tool.

"Some shows, maybe they do it as a bit of a buzz — it's a great news piece to kill off a main character," said Edmonton actor Eric Johnson in a recent interview. "There was

a fear before, in your network television model, to kill somebody that your audience identifies with. I think there's not a fear to do it anymore."

As viewers have become desensitized to losing pivotal characters, it's now up to actors to mourn the fictional dearly departed.

In some situations — Downton and Good Wife, for example — lynchpin characters were lost simply because the actors wanted to do something else.

But in cases such as Mitchell's, a character being put out

to pasture means an actor being put out of work. And for under-the-radar actors who work for years to land roles in major television series, the news can sting more than one might think.

In Johnson's case, he's starring in Cinemax's Steven Soderbergh-steered period piece, The Knick, which zeroes in on a turn-of-the-20th-century New York City hospital with a soaring mortality rate.

After appearing in the series' initial run of 10 episodes, Johnson says he was told he'd return for a second season — exciting news "at a time when 50 per cent of the people died from infectious diseases."

He's joking, but he acknowledges real anxiety over a possible onscreen fatality.

"Oh, we all have concerns about that," he said. "Every day, you expect a script revision where somebody gets hit by a trolley or somebody gets syphilis and dies."

"You gotta be really nice to the writers. The writers will be making off like bandits on this show — all the free gifts. 'Please don't kill me off!'"

Although actors turn each script page with apprehension, most agree that a televised death is much easier to bear if it's integral to the overall narrative, rather than a social-media-baiting stunt.

In Mitchell's case, his Girls character's death initiated Season 3's Dead Inside, an episode co-penned by Judd Apatow and Dunham that sought to cheerfully plumb new depths of Hannah's capacity for callous self-absorption.

It was a divisive, discussed episode. So Mitchell says he was sacrificed for a worthy cause.

"I had to die so her character could not feel anything," he said. "That, actually, was a wonderful episode ... So if I died for an awesome episode? So be it."

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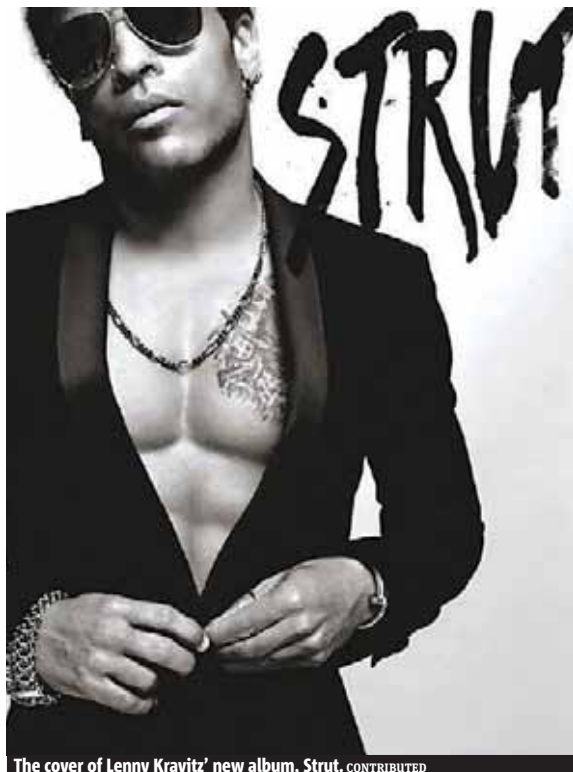
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Kravitz can still Strut it at 50



The cover of Lenny Kravitz' new album, *Strut*. CONTRIBUTED

Dynamics of love.
Singer's new album bares the grit and glamour of relationships

At 50, Lenny Kravitz is an American in Paris.

Now, after turns designing shoes and acting in *The Hunger Games*, he's returned to music with a new album he says just poured out of him during shooting of the box-office smash.

Best known for the 1991 single *It Ain't Over 'til It's Over*, Kravitz says inspiration struck on set as he played Cinna, the stylist to Jennifer Lawrence's heroine.

"I wasn't even planning on making an album. I was just working on the film.

A little night music

"I wasn't even planning on making an album. I was just working on the film. In the night, just all this music."

Lenny Kravitz was struck by inspiration on the set of *The Hunger Games*

In the night, just all this music..." he told AFP in an interview in Paris.

Kravitz describes the album, entitled *Strut*, has grit and glamour, plus a lot of sensuality.

He appears on the cover in a black and white photograph, displaying a large tattoo on his bare chest, dressed in a dinner jacket and dark glasses.

He says the music itself is about love and relationships.

"All the different dynamics that you would have from lust to sex to heartbreak to desperation to devotion to misunderstood love," he said.

Kravitz has been living in Paris on and off for nine years and his last video was set in the city.

"I think it's a pretty sexy city, esthetically it's gorgeous

— the architecture, the design ... it's very inspiring..." he said.

After nearly a decade, Kravitz is very much at home in France. In 2011 he was awarded France's highest cultural honour: the Order of Arts and Letters.

Writing his 10th album, which is due to be released on Tuesday, the songs came very naturally.

"Every time I make an album, it's always different. This album just happened like this!" he said.

The last song on the album is a cover, something Kravitz says he rarely does.

But an unexpected blast of the 1965 hit single by The Miracles, *Ooo Baby Baby*, left him marvelling.

"I hadn't heard it for a long time (and) it sounded so beautiful," he said.

And on reaching his half-century, he is philosophical.

"The number doesn't really mean anything. I feel great. I've never felt better than I do now ... physically, mentally and spiritually," he said. **AFP**

Ebooks



Maze Runner: Movie Edition

By. James Dashner

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MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

The book is a dark, sinister tale of boys trapped within an ultra-violent experiment to test their survival. The movie is a strangely sporty, feel-good adaptation. Loaded with video clips, photos, and featurettes, this enhanced edition makes for a useful comparison. With its honest portrayal of youthful despair, the book better serves its dark themes.



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Ben Affleck

Ben's a gambling man who likes to count cards

That story about Ben Affleck getting kicked out of a Las Vegas casino for counting cards at blackjack? "That is a true story," he confirms to Details magazine. "I knew with blackjack that there's a way you can improve your odds, and so I started trying to learn. And then I just got to a point in my life where I'm like, 'If I'm going to do something, I'm going to try and do it really

well.' It was sort of presented like I did something illegal. You know what I mean?" We do, Ben. We do. The new Bruce Wayne thinks the whole system is messed up, man. "Once I became decent, the casinos asked me not to play blackjack. I mean, the fact that being good at the game is against the rules at the casinos should tell you something about casinos," he says.

No more scooting the kids to school, Paltrow

Sorry, kids. No more Roman Holiday-themed trips to school for you. Gwyneth Paltrow has reportedly been told by school officials that she can no longer drop off and pick up kids Apple, 10, and Moses, 8, on her Vespa scooter, according to Page Six. "The scooters had been convenient for zipping around Los Angeles traffic, and dropping the kids off at school without having to wait with other parents and kids in the carpool line," a source says. "After Gwyneth was photographed on the Vespa pulling out in front of a bus (last year), school chiefs reprimanded her and said they'd rather she and Chris (Martin) didn't bring the kids to school on scooters." A rep for Paltrow says the story is made up and it's just a coincidence that Paltrow's kids now take the bus to school.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Matt Damon is ready to be Bourne again



STARGAZING
Malene Arpe
scene@metronews.ca

This Week in Reboots: 1) I Know What You Did Last Summer is getting a redo. 2) Matt Damon may finally reprise his Jason Bourne role. 3) Casting begins for the sort-of sequel to Richard Linklater's Dazed and Confused. 4) King Kong is getting yet another wake-up call for Skull Island. 5) Richard Lugner, an 81-year-old Austrian construction mogul, marries 24-year-old Playboy model Cathy Schmitz. After berating a wheel-



chair user for not standing up at his concert, Kanye West says the media should stop "demonizing" him as he's a "married, Christian

man with a family." He went on to explain that, as an avid fan of the Ming Dynasty, he's upset over the price of vegetables and will start sleeping in on the weekend.

This Week in Pop Tarts:

1) Selena Gomez got bangs. 2) Demi Lovato says a fan farted on her. 3) Ariana Grande reportedly said she wishes her fans would just die.

Martha Stewart says of Gwyneth Paltrow and GOOP, "She just needs to be quiet. She's a movie star. If she were confident in her acting, she wouldn't be trying to be Martha Stewart." Martha Stewart has now officially reached the age known as "Watch me expertly fold this linen napkin into a flock of swans while not giving one silent, ladylike burb what you think."

Clay's on the campaign trail, and he wants to talk celeb selfie leaks

A new batch of nude selfies supposedly belonging to celebrities like Kim Kardashian, Vanessa Hudgens, Lake Bell and Avril Lavigne hit the web over the weekend, flooding Twitter and Reddit. It's unclear whether this new batch of photos, coming three weeks after the massive iCloud hacking celebrity photo leak, are authentic, and reps for the women have had no comment.

But you know who does have a comment? Clay Aiken. Because obviously everyone was waiting for him to chime in on the subject. "Anybody who takes inappropriate pictures

of themselves deserves exactly what they get," Aiken tells the Washington Post. "Of course whoever (stole and released the photos) should be hogtied. And it's unfortunate that we don't have Internet security right now or the laws in place to protect people from pirating that stuff." Maybe Aiken, who is running for a congressional seat in North Carolina, can make that part of his platform: admonishing people for their personal choices and trying to stop "pirating that stuff." Has a nice ring to it.



Clay Aiken ALL PHOTOS: GETTY IMAGES

t.A.T.u singer is OK wit someone being gay — just not if it's her son



Julia Volkova

I know we've all been waiting to hear what the girls from t.A.T.u., the faux-lesbian one-hit wonder Russian duo, think about homosexuality, considering the increasingly hostile environment toward gays and lesbians in Russia. Well, I've got some bad news. Singer Julia Volkova would not be too thrilled if she ended up with a gay son. "Yes, I would condemn him, because I believe that a real man must be a real man," she said during an appearance

on a Ukrainian talk show. "God created man for procreation, it is the nature. ... I won't accept a gay son." But don't worry, guys. Some of her best friends are gay and she's totally down with them, so long as they're not related to her. "I'm not against gays, I just want my son to be a real man, not a f—," Volkova adds. Oddly enough, she didn't say how she'd feel about having a daughter who pretended to be a lesbian to boost album sales.

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Raising kids is expensive, so set their priorities early

Baby steps. A child-specific budget will help control and balance their costs with family's needs



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Kids are expensive. Never mind what some people are prepared to spend to get them here — getting them “independent” can cost a small fortune.

You may need a bigger car. You may need a bigger home. And then there are all the costs of keeping your mini-me fed and clothed, dental bills, school supplies, hockey, ballet, soccer, karate — the list can seem endless.

The first year of a child's life is often pretty expensive. Not surprising, when you think of all the gear we have to get to bring baby home. And the cost of diapers!

It also comes as no surprise that costs go up when kids hit their teenage years.

So how do you get your kids to self-sufficiency without going broke? You make a budget.

Although many of the hard costs (food, the roof over their heads, transportation) fall naturally into your budget, there are costs that are uniquely associated with the kids. One kid is happy to live in jeans and T-shirts, while another won't wear anything



Parents sacrifice a lot for their children, but making the right choices early can help keep everyone happy. ISTOCK

but American Eagle. If Junior is a sports maniac, there are league fees, equipment costs and transportation costs. Never mind all the eating out on the road.

The trick to not letting kids' expenses get way out of hand is to allocate a specific amount to each child's activities and needs, and stick with the plan.

Start by listing all the things your children do. Their needs won't be the same, and spending equally on them won't be more fair. Giving them what they need, when they need it, is the goal. Over time, as their needs shift, so

should the way you allocate the money. And, over time, it should all come out even.

Some parents struggle with meeting their kids' needs while staying afloat financially. If you're a single parent or your family is living on one income, make sure you're claiming the eligible dependent amount on your tax return.

There are lots of other expenses that may be claimed on your tax return to mitigate your costs. Paying for a babysitter? Sending your kid to camp? Claim child-care expenses on the lower net income to get the biggest benefit. Get and keep your receipts

to make your claim stick if it's challenged.

And don't forget about the child fitness amount of up to \$500 per year per child 16 and under, for everything from soccer to gymnastics.

Your kids' budget should include a regular amount set aside for educational savings. If you start early, you don't have to set aside a lot, and each dollar you put into an RESP can help your child earn up to \$500 a year in free grant money.

Don't make enough money to save for school?

If you receive the National Child Benefit Supplement,

and your children were born in 2004 or later, you can get up to \$2,000 in free money for each of them.

Get a Social Insurance Number for them, open up an RESP and apply for the Canada Learning Bond. You'll get \$500 in the first year and up to \$1,500 more by the time they turn 15.

When shopping for an RESP, make sure you stick with an individual or family plan offered by most financial institutions. Steer clear of the group plans or “scholarship trusts,” which have come under fire for being both expensive and inflexible.

Kids cost money, no question. We sacrificed fancy furniture and vacations in the early years. And my entertainment was sitting and watching my kids as they learned about the world.

Those were some of my happiest years. We had a ball.

I shopped garage sales and second-hand stores, shared what I had with friends, and chose one activity at a time for my kids so they weren't overwhelmed and I didn't go broke.

It's all about the choices we make and about figuring out what's most important so we can prioritize those choices.

Kids don't arrive in designer labels, and they don't much care about stuff until someone teaches them to be concerned about what other people think.

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tious greens: arugula.

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The protein and fibre in this salad come from the lentils, which are known to

lower cholesterol, prevent heart disease and stabilize blood sugars to prevent Type 2 diabetes.

Sweet potatoes are more nutritious than white potatoes, with more fibre and antioxidant. They are also a lower glycemic vegetable than the white potato.

Sweet potatoes' natural sweetness goes well with spicy arugula.

Directions

1. Preheat oven to 450 F.

Nutritional information

Per serving: 248 calories; 38.3 g carbohydrates; 6.6 g fibre; 8.4 g protein; 11.7 g total fat; 3.6 g saturated fat; 19.3 mg cholesterol; 172 mg sodium

Spray a baking sheet with vegetable oil. Bake the sweet potatoes for 10 minutes or just until tender. Cool.

Ingredients

- 2 cups peeled, diced sweet potato
- 8 cups arugula or spinach
- 1/2 cup black or green cooked lentils (freshly cooked or canned)
- 1/3 cup dried cranberries
- 1/2 cup sliced red onion
- 1/3 cup crumbled goat cheese

Maple Dressing

- 1 tsp minced garlic
- 1/2 tsp Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp maple syrup
- 3 tbsp olive oil
- 2 tsp lemon juice
- pinch of salt and pepper

2. In serving bowl add arugula, lentils, cranberries, onion, goat cheese and sweet

potatoes. Combine ingredients for dressing, pour over salad and mix well.



This recipe serves six. ROSE REISMAN

Asparagus' dramatic side

This is a great way to liven up asparagus when you want a more dramatic vegetable dish.

The flavours of the meat, cheese and veggies combine so well together.

They can also be a perfect pick for your next party appetizer!

1. Preheat the oven to 425 F. Spray a baking sheet with cooking oil.

2. Place the prosciutto flat

on a clean work surface. Divide the goat cheese among the prosciutto slices, spreading it thinly down the centre. Place 3 to 4 asparagus spears crosswise on top of each slice of prosciutto. Wrap the prosciutto tightly around the asparagus and transfer to the prepared baking sheet. Spray the bundles with cooking oil.

3. Bake in the centre of the oven for 10 minutes or just until the asparagus turns

bright green and is slightly tender. Garnish with red pepper.

THE BEST OF ROSE REISMAN (WHITE-CAP BOOKS) BY ROSE REISMAN

Ingredients

- 6 slices prosciutto (about 4 oz)
- 1/2 cup softened goat cheese (2 oz)
- 1 lb trimmed thin asparagus
- 2 tbsp finely diced red bell pepper

Why leaning in is not for Zosia Mamet

Girls gone happy.

The actress, musician and columnist talks about pursuing passion and joins forces with Glamour to empower women to make a mark

LAKSHMI
GANDHI

Metro in New York City

Zosia Mamet is living proof that even if you don't think you can get a job you're going for, you should still try.

Along with her three co-stars, Mamet burst onto the scene two years ago with the premiere of the hit HBO show *Girls*. But many fans may be surprised to learn that after auditioning, Mamet was convinced that she would never get the role of Shoshanna.

"I was very ill. I had pneumonia," the 26-year-old Mamet recalls of the tape she sent in to the show's casting director. "I had no makeup on and I made it in a barn in upstate New York. I did one take because I was so sick, so I thought my chances were slim, but I was wonderfully surprised."

We recently caught up with Mamet to get her personal definition of success and to find out why she says she's not going to lean in.

How do you define a woman who is making her mark?

I think it's anybody who is contributing in a strong way to the world, or to their community or to their profession or their creative endeavour. There are many, many vast ways to make your mark. That's what (the



Perhaps best known for playing Shoshanna Shapiro on the HBO original series *Girls*, Mamet has also appeared in *Mad Men*, *United States of Tara* and *Parenthood*. GETTY IMAGES

Skyla Make Your Mark contest is trying to do): To inspire and engender amongst women the idea that you

can make your mark in so many ways. And you should feel good about whatever way that is.

You once wrote a *Glamour* column about the Lean In movement and how that's not for you. Can you talk

Making her own mark

It's been a busy couple of months for Mamet.

- In addition to working on *Girls* and her next album, she's also been writing a regular column for *Glamour* magazine.
- Mamet and the magazine recently teamed up with Bayer HealthCare to launch the Skyla Make Your Mark contest, which seeks to promote young women from all walks of life who are making an impact in their fields.

more about that?

I rewatched *Baby Boom*, that Nancy Meyers movie. I've been a fan of the film since I was a wee tot, but I hadn't watched it in a few years as being sort of as an older human. And seeing this character who chose something other than the path that everyone thought she should choose, and how it actually ended up making her happier than she was.

I feel like often women are knocked for making choices that make them happier because they are not necessarily grand choices, and I think that is how feminism has become bastardized.

Choosing pleasure over the power suit

"I feel like often women are knocked for making choices that make them happier because they are not necessarily grand choices, and I think that is how feminism has become bastardized." Zosia Mamet

I felt very much in the same that you are making your mark as a woman no matter what you do — whether you are a CEO or a mother. But it's just the specific way that you're doing it, and if you're doing it with passion and confidence, then that's the most important.

I also heard that once when you were a little kid, you heard a bunch of grown-ups talk about work and you became really sad about that.

I used to sneak into my parents' dinner parties and there was this common theme where people would start bitching near the end of the dinner party because they had to go home because they had to get up for work.

They would bitch about work and how they hated their jobs, and I didn't understand as a kid.

You're given this blank slate; why would you choose to do something that makes you unhappy? If you want to be a painter, be a painter. If you want to be a doctor, go be a doctor, you know?

And of course being an adult now I realize that sometimes there are things that keep you from your passion. I was just so saddened by it. To me, you should do something you love and are passionate about.

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When tweets are more tasteless than teehee



We've all got a peeve or two we dream of making public, but your boss may not find a broadcasted bash session as funny as this guy. ISTOCK

Dear Metro,

I noticed one of my young co-workers posting rude comments on Twitter. The things he's saying are not only inappropriate — they reflect badly on our company. He deserves to be reprimanded for this behaviour, but I don't necessarily want to get him in too much trouble so early in his career. What should I do?

— Don't Wanna Rat



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear DWR,

When it comes to tweeting your mind, there can be a fine line between self-expression and self-sabotage. Lots of RTs might make you feel invincible, but you're certainly not: more and more, social media fumbles lead to hard dismissals. Just last month in Ottawa, Opera Lyra singer Valerian Ruminski made the

news after a Facebook post mocking a man's bejewelled Pride Week manicure got him booted from the company.

With that in mind, it seems this kid needs a lesson in consequences. If you feel your colleague has promise — maybe his comments fall more into the “provocatively dirty” camp than the “outwardly prejudicial” camp — you could take him aside for a discreet but on-the-level chat. Tell him you came across his feed, and wanted to let him know that he could be plunging himself into a big, job-threatening mess.

If your workplace has an on-paper social media policy, remind him of the guidelines — and of the should-be-obvious fact that the digital sphere is by no means a private one. He should probably delete the problem tweets and definitely bolster his security settings. Or better yet, not broadcast damaging things to begin with.

But on that note, it's worth questioning whether

this person deserves to be reprimanded.

There is zero defence for tweeting sexist, racist or homophobic comments of any sort.

And with a worker's out-of-office behaviour increasingly regarded as a reflection of their company's brand, employees should assume that bigoted online speech is a fireable offence. (In addition to being an offence, full stop.)

But the slope can be slippery, particularly if an employer seeks to limit their staff's freedom to express political or religious viewpoints — or just to show their after-5 p.m. personalities, vulgar as they may be.

It's difficult to judge without knowing the content of your co-worker's remarks, but within limits, we should have the right to be rude.

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Nick Bonino preaches puck possession.

"You see teams like L.A., who possess the puck, and they've got pretty results the last few years. Definitely plays into my game," he said Saturday in Whistler.

But when it comes to advanced statistics — Corsi and Fenwick systems are both used as proxies to measure possession — he doesn't pay any attention.

"Not even a little bit," said Bonino.

"I don't know what the stats are for it, but I know if you're possessing the puck and making good plays with it, you usually get better success than when you don't."

The only numbers that matter in Bonino's mind are those on the scoreboard.

With a penchant for carrying the puck through the middle of the ice and trying to make plays, his thinking is



Nick Bonino skates with the puck last season while a member of the Ducks. The Canucks acquired Bonino in the Ryan Kesler trade. GETTY IMAGES FILE

that responsible play in the defensive end will lead to more time with the puck in the offensive zone.

Through the first three days of camp, Bonino has been in the middle on a line with Alex Burrows and Zack Kassian.

"I think it's another line that can play and has real good ability," said head coach Willie

Desjardins.

The Canucks acquired the 26-year-old Bonino in the Ryan Kesler deal with the Anaheim Ducks at the NHL Draft.

Bonino is coming off a career season, with 22 goals and 49 points in 77 games.

From the moment the trade was announced, there was lengthy debate about whether the Canucks got enough in re-

turn for the former Selke Trophy winner Kesler.

With a good start and a more productive season, Bonino can silence the critics. So, too, can the Canucks.

If only it were that simple.

"I wouldn't say there's pressure because of who I was traded for," said Bonino. "If the team's doing well, there shouldn't be a problem."

'Not a great sign'

Stanton leaves scrimmage after taking heavy hit

Coach Willie Desjardins didn't have an update on defenceman Ryan Stanton, who left Sunday's scrimmage after taking a heavy hit from forward Darren Archibald.

"He didn't come back, so that's not a great sign," said Desjardins.

Stanton was a pleasant surprise early on for the Canucks last season. He appeared in 64 games, but missed a good portion of the season with an ankle injury.

Team Quinn, wearing blue jerseys, defeated Team Kurtenbach, in white uniforms, 5-4 in the shootout.

Desjardins said the roster will be trimmed down following Tuesday's split squad exhibition games against the San Jose Sharks.

4 SPORTS

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TSN 1040



Mariners pitcher Yoervis Medina tries to field an infield hit by the Astros' Jason Castro on Sunday in Houston. DAVID J. PHILLIP/THE ASSOCIATED PRESS

MLB. Astros blast M's playoff chances, take two out of three to win series

The Seattle Mariners left Houston lamenting their missed opportunities.

Their playoff hopes took another hit, as Jake Marisnick had a three-run homer for the second straight game and Alex Presley drove in two runs to lead the Houston Astros to an 8-3 win over the Mariners on Sunday.

Houston took two of three from the Mariners, who dropped to 1 1/2 games back for the second AL wild card with the loss.

"The only thing you can say is we haven't done our jobs," Seattle second baseman Robinson Cano said. "The last couple of games we have men in scoring position and we haven't done our job. We just aren't very consistent."

Manager Lloyd McClendon looked on the bright side instead of wallowing in what might have been.

"I choose to be very positive," he said. "We lost a tough series, but we're still in this thing, and I guarantee you there's a lot of teams that wish they were in our position right now."

Rookie Collin McHugh (11-9) allowed four hits and three

On Sunday	
8	3
Astros	Mariners

runs in six innings to extend his career-best winning streak to seven. He's the first Astros pitcher to win seven straight since Roy Oswalt reeled off nine in a row from Aug. 23, 2006, to April 17, 2007.

The Astros trailed 3-1 in the fifth inning before an RBI double by Jose Altuve. A two-run single by Presley, who finished with three hits, came with two outs in the inning to make it 4-3 and chase Hisashi Iwakuma (14-9).

Michael Saunders hit a two-run homer for the Mariners, who were outthit 14 to seven.

Houston was still up by one in the seventh when Marisnick padded the lead with his homer to the Crawford Boxes that made it 7-3. Two of Marisnick's three homers this season have come in the last two games. **THE ASSOCIATED PRESS**

Seahawks handle Broncos' late push

Super Bowl rematch. Manning's heroics come up short as Wilson puts game away on first possession of overtime

Once Peyton Manning had completed a frantic fourth-quarter rally to force overtime, Russell Wilson could admit to being a little selfish.

Wilson wanted the spotlight himself — to put together one final drive, keeping Manning sitting on the sideline as a spectator and making sure the Super Bowl rematch went in favour of the champions.

"I can't wait for those moments, those big-time moments and have guys to continue to believe in what we do," Wilson said. "That was a great experience tonight."

Wilson kept Manning and the Denver Broncos from seeing the ball in overtime. He led Seattle on an 80-yard drive on the first possession of the extra session, capped by Marshawn Lynch's six-yard touchdown run for a 26-20 victory over the Broncos on Sunday.

The Super Bowl rematch lived up to the billing of what everyone expected in February and never transpired. The 43-8 blowout by Seattle (2-1) was replaced this time by Denver (2-1) rallying from a 17-3 fourth-quarter deficit to force overtime by going 80 yards against the best defence in the NFL in the final minute of regulation.

And then Wilson upstaged



Seahawks running back Marshawn Lynch dives over the Broncos' Aqib Talib and into the end zone for the game-winning touchdown in overtime on Sunday in Seattle. Scan the image with the Metro News app for more NFL results from Sunday. JEFF GROSS/GETTY IMAGES

On Sunday	
26	20
Seahawks	Broncos

Manning. After nearly getting sacked for a safety and throwing an interception in the fourth quarter, Wilson was brilliant in overtime rushing for 21 yards and completing

four of six passes.

Lynch went the final six yards for the win.

"I don't think anyone ever doubts Russell. He's just too good," Seattle tight end Zach Miller said. "If you think he's struggling at all, you know he's going to make plays like he did with his feet. He was so huge there in that second half and overtime. You always trust in him."

After being hesitant to run in regulation, Wilson scrambled for first downs in overtime. His seven-yard pass

to Percy Harvin was the precursor to Lynch's TD run and a collective exhale after Manning's dramatics in the fourth quarter.

Wilson finished 24 of 34 for 258 yards and touchdown passes of 39 yards to Ricardo Locke and five yards to Lynch, both late in the first half. Wilson rushed for 40 yards, most coming in overtime, while Lynch added 88 yards rushing.

"That really was a championship game today," Seattle coach Pete Carroll said.

THE ASSOCIATED PRESS

Beyond the rivalry

Balotelli targeted by racists again

Liverpool police say they are investigating racist messages sent to Mario Balotelli on Twitter in reaction to the Liverpool striker's posts about Manchester United's 5-3 loss to Leicester in the Premier League.

Balotelli tweeted "Man Utd...LOL" as United — a fierce rival of Liverpool — let slip a 3-1 lead during the match on Sunday. It triggered a string of racist comments.

THE ASSOCIATED PRESS

Fatal car crash

Bironas dies just minutes from home

Rob Bironas, who worked his way through odd jobs and the AFL before becoming one of the NFL's most accurate kickers, has died in a car crash. He was 36.

The former Tennessee Titans player died Saturday night when he lost control on a curve in his 2009 GMC Yukon Denali and crashed after 11 p.m. less than a mile from his home, Metro Nashville police said.

THE ASSOCIATED PRESS

Leaving Li



"When I was making this decision I asked myself, 'If I retire, will I regret it?' My heart told me I wouldn't, because I've done my best."

Li Na at her retirement news conference on Sunday in Beijing. It didn't take long for the two-time Grand Slam champion to shed tears as she explained her decision to retire in the wake of a fourth knee operation.

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

If you believe from start that something will go wrong, you increase the chances of failure ten-fold. Whatever you are involved with this week, keep telling yourself that you know it is going to succeed.

♉ Taurus

April 21 - May 21

Be careful you don't offend people by making a joke about things they take very seriously. The world would be a better place if everyone could laugh at misfortune but it won't happen.

♊ Gemini

May 22 - June 21

Don't worry about money or problems because the Sun's change of signs tomorrow means you will soon have more enjoyable issues to focus on.

♋ Cancer

June 22 - July 23

You are torn between doing something you enjoy but which won't bring financial success, and doing something you don't enjoy that could be profitable. Be true to your instincts.

♌ Leo

July 24 - Aug. 23

You may fear losing something you are attached to but if it's got to go it's got to go and there is nothing you can do about it.

♍ Virgo

Aug. 24 - Sept. 23

Before starting anything new over the next few days remember your head will have to live with the consequences of what your heart decides.

♎ Libra

Sept. 24 - Oct. 23

Is it in your interests to follow a certain course of action? Your mind may be confused today but tomorrow, when the Sun moves into your birth sign, all will be clear, so leave it for now.

♏ Scorpio

Oct. 24 - Nov. 22

It doesn't matter how much you own or how much you earn. If you are happy with your lot, you don't need a lot. Bear that in mind over the next few days.

♐ Sagittarius

Nov. 23 - Dec. 21

A window of opportunity is about to close and if you don't take advantage of it right now it may be shut forever. There will be other opportunities but why waste this one when it seems tailor-made for you?

♑ Capricorn

Dec. 22 - Jan. 20

What happens over the next few days will have a big impact on your career. For that reason alone you must do the best work you possibly can.

♒ Aquarius

Jan. 21 - Feb. 19

A difficult time of year is drawing to a close and when the Sun moves in your favour tomorrow it will feel as if a load has been lifted from your back.

♓ Pisces

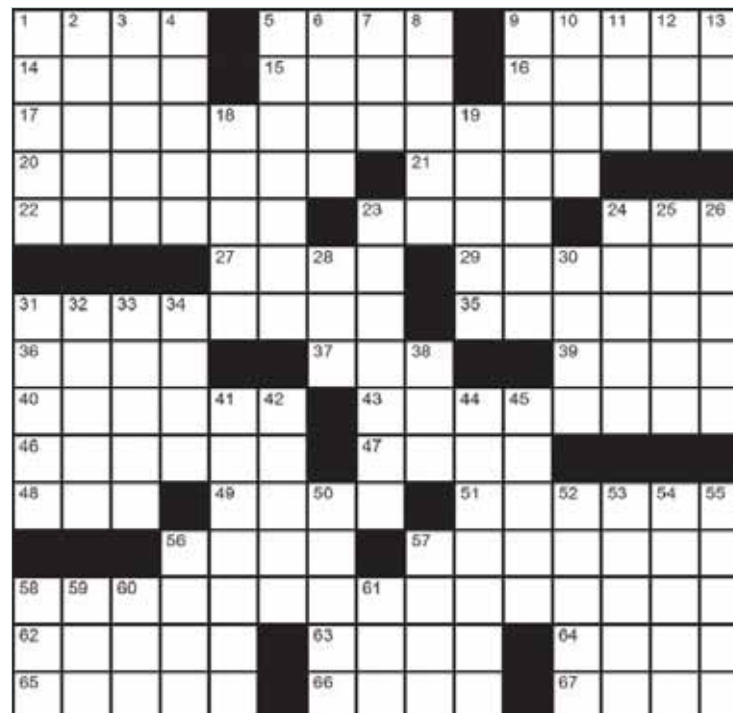
Feb. 20 - March 20

An issue you had forgotten about will return to annoy you today and this time you have got to deal with it effectively. Show people you can be firm.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Inactivity
5. Spring
9. Copper, for one
14. Wing-like
15. "___ la Douce" (1963)
16. Not late/Not on time either
17. At Ease! It's not compulsory in Canada: 2 wds.
20. ___ Music Prize, Canadian album honour
21. Yes
22. Writing implement
23. Prefix to 'scope'
24. Initials-sharers of Eddie Cibrian's ex-wife
27. Mozart opera, ___ Fan Tutte
29. Canada's capital
31. ___ sweater
35. Remained
36. Scent, variantly
37. "Gangnam Style" guy
39. Bobby Brown song
40. Rocker's amp effect
43. Edmonton... Art Gallery of Alberta's current exhibition, ___-Lautrec and La Vie Moderne: Paris 1880-1910
46. "Buffy the Vampire ___"
47. English river
48. Iowa's capital, ___



Moines

49. Shade's proper upper
51. Cause and ___
56. Conserve
57. Inventive individual
58. Michael J. Fox movie: 4 wds.
62. 2002 to 2005 TV series, "Sue Thomas"

Down

1. Safety ___ (Accessibility aids)
63. ___ of a lifetime
64. Extends
65. Celebrated
66. 'Kitchen' suffix
67. Taking-away-from-something's result

2. George ___, Silas Marner author
3. Oscar-winner Ms. Field
4. Lawyer's time to shine
5. Corporate go-between
6. Goes astray
7. Ms. Grant of music
8. Not in

9. British Columbia city
10. Roof's overhang
11. Three
12. Vodka, e.g.
13. Caustic solution
18. Load transporter
19. Across-the-Pond moneys
23. Road trip break: 2 wds.

24. CCR's "Born on the ___"
25. Ms. Stefani's
26. "Sexy ___" by The Beatles
28. Lightly take a drink
30. Edible root
31. Appetizer, ___ 'oeuvre
32. "Set Fire to the Rain" singer
33. Some stars
34. Squirrel's nest
38. Not me
41. Akin
42. Canadian channel
44. Payment for a service or facility: 2 wds.
45. 'The fire', in French: 2 wds.
50. Length unit
52. Lethal
53. Music piece
54. Casual pants, e.g.
55. Lock of hair
56. Canadian singer Ms. Sweetnam
57. Hibernia human
58. Dearest pal, texting-style
59. Homer's dad on "The Simpsons"
60. This, in Montreal
61. Very 'in' right now

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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